



Soldiers assigned to the 3rd Bn., 7th FA Regt., 25th DIVARTY, 25th ID, board a C-17 Globemaster III at WAAF, June 1. The Soldiers are participating in Lightning Kokua under the 3rd BCT, 25th ID, at PTA, on the Big Island of Hawaii.

‘Broncos’ take to air, sea for Lightning Kokua

Story and photos by
STAFF SGT. ARMANDO R. LIMON
3rd Brigade Combat Team Public Affairs
25th Infantry Division

SCHOFIELD BARRACKS — Soldiers, vehicles and equipment of the 3rd Brigade Combat Team, “Broncos,” 25th Infantry Division, are traveling by air and sea in preparation for Lightning Kokua this month at Pohakuloa Training Area (PTA) on the Big Island of Hawaii.

Lightning Kokua is a three-month-long gunnery and exercise involving all of the brigade’s battalions, including 3rd Battalion, 7th Field Artillery Regiment and 25th Division Artillery, 25th ID.

“We are using multiple modes of transportation, air and sea, at multiple nodes, Wheeler Army Airfield, Joint Base Pearl Harbor-Hickam, Waipio Point, and Bradshaw Army Airfield,” said Chief Warrant Officer 2 Miguel Flores, mobility officer, Headquarters and Headquarters Company, 3rd BCT.

Flores said about 3,500 Soldiers and 500 pieces of equipment are moving to PTA between April and July.

“It took months of coordination,” he said. “I had to consistently communicate with both the Air Force and 8th Theater Sustainment Command to ensure our plan and changes to our plan were understood. I spent many hours creating and reconfiguring air and vessel load plans.”

At WAAF, Air Force Staff Sgt. Andrew Shanahorn, assigned to 647th Logistics Readiness Squadron, 647th Air Base Group, 15th Wing, ensured the loading of a light medium tactical vehicle (LMTV) and M777A2 155mm howitzer assigned to 3-7th FAR was done correctly.

“We’re conducting a joint inspection for a unit movement to make sure all cargo is airworthy, and it’s 100 percent safe for flight to the aircraft,” Shanahorn



Senior Airman Lauren Sheppard (left corner), a C-17 Globemaster III crew member assigned to the 535th Airlift Squadron, ground guides a light medium tactical vehicle (LMTV) as it loads a M777A2 155mm howitzer aboard a C-17.

said, “so there’s no issues or anything like that. Just making sure everything’s okay and there’s compliance in all regulations within the Defense Transportation regulation and Air Mobility Command regulations.”

“I would say the biggest issue is understanding between the different services on regulations,” he continued.

For Senior Airman Victor Mendoza, assigned to 647th Logistics Readiness Squadron, 647th Air Base Group, 15th Wing, this was a learning experience.

“You see a lot of common mistakes that happen, so you pretty much pick up what those mistakes are and help out the deploying unit and fix those discrepancies when doing a joint inspection,” Mendoza said.

For the artillerists of 3-7th FAR, it wasn’t just by air transport where

they moved their howitzers and prime movers. Equipment of all types for the artillery battalion were loaded onto the U.S. Army Vessel Lt. Gen. William B. Bunker (Logistics Support Vessel-4) at Waipio Point in Pearl Harbor to be delivered to Kawaihae Docks on the Big Island.

Staff Sgt. Derek Gordon, a section chief assigned to Battery B, 3-7th FAR, was one of the noncommissioned officers in charge to ensure the safe loading of the howitzers and equipment.

“With much of the battalion on leave,” Gordon said, “we’re doing our best to get everything on this boat as fast and efficiently as possible.”

For some in the Army, such as Spc. Connor Rooney, a field artillery automated tactical data systems specialist assigned to Headquarters



Staff Sgt. Osama Alobaidi, a section leader assigned to the 3rd Bn., 7th FA Regt., 25th DIVARTY, 25th ID, ties down a M777A2 155mm howitzer safely aboard a C-17 Globemaster III.

and Headquarters Battery, 3-7th FAR, learning the Army had transport support vessels was a surprise.

“It’s an interesting experience loading up an LSV,” Rooney said. “It’s definitely something I didn’t know the Army had. I thought we were loading in a Navy ship, and it’s interesting to find out that there’s an actual Army (military occupational specialty) dedicated to running boats.

“It’s hard work, but everybody pitches in,” he continued. “It’s good camaradery-building experience at least. It’s a great break from the monotony of day-to-day tasking.”

8th TSC hosts joint Senior Logistics Forum

SGT. JON HEINRICH
8th Theater Sustainment Command
Public Affairs

FORT SHAFTER — The 8th Theater Sustainment Command hosted a joint Senior Logistics Forum for all logistic leaders from the Army, Air Force, Marines and Navy throughout the Pacific region, May 17-19, at the Hale Ikena, here.

The SLF was designed to let all logistic leaders to share their capabilities and achieve true joint-integration to provide service-agnostic agile, responsive and elastic sourcing solutions to the warfighter.

“The objective for this forum is to bring all of the service components and logistics partners together to discuss total force integration, multi-domain battle, and to execute a sustainment Rehearsal of Concept Drill,” said Maj. Gen. Susan Davidson, commanding general of 8th TSC.

The Army must be prepared to fight across multiple domains and contested areas, to deter potential adversaries and rapidly defeat enemies.

Experts in military logistics and sustainment understand that puts even more pressure on them to ensure the conditions are set to support multiple concepts and dilemmas for combatant commanders across the globe.

Events like the SLF enable different lo-



Photo by Spc. Jaime Ruiz, 8th Theater Sustainment Command Public Affairs

Gen. Robert B. Brown, commanding general, USARPAC, speaks at the 8th TSC Senior Logistics Forum at the Hale Ikena, Fort Shafter, May 17.

gistics leaders to discuss these challenges and speak about their capabilities while building relationships for continued and future involvement within the Pacific command area of responsibility.

“The sustainment community is largely parochial and divided along service lines,”

Davidson said. “Services must abandon their short-sighted self-interests and work to integrate sustainment operations with the goal of achieving logistic agnosticism with regards to branch of service.”

Davidson also talked about the importance of designing new systems and platforms with the goal of achieving joint-integration and joint-interoperability in the future for the PACOM AOR.

“The goal is to build a clear, common understanding of the sustainment requirements in the Pacific to support our operation plans,” Davidson said.

Attending the conference were joint representatives from U.S. Pacific Command, U.S. Army Pacific, U.S. Pacific Fleet, U.S. Marine Corps Forces, Pacific, 8th Army, the 18th Medical Command, Defense Logistics Agency-Pacific, 25th Infantry Division, the 9th Mission Support Command and multiple expeditionary sustainment commands and sustainment brigades.

Over the course of the three-day event the discussions ranged from individual units giving reports on how they accomplish their missions to discussing individual and combined air, land and sea component capabilities.

With more than 100 senior leaders in attendance, among the subject matter experts were Maj. Gen. Tammy S. Smith,

the 8th Army deputy commanding general-support; Maj. Gen. Mark W. Palzer, commanding general of 79th Sustainment Support Command; Brig. Gen. Evan M. Miller, the USPACOM director for logistics, engineering and security cooperation; and Rear Adm. Alan J. Reyes, the reserve director of logistics, fleet supply and ordnance.

Another key focus of discussion was the importance of incorporating U.S. Army Reserve component and active duty sustainment capabilities, and strengthening the relationships between them for future involvement in the region.

“The intent was to bring together all the teammates from the active, reserve and joint partners who have logistics roles in the Pacific theater for the candid, face-to-face dialogue and shared understanding these events offer,” said Col. Douglas Vallejo, deputy commanding officer for 8th TSC.

“It exceeded our expectations because participating commands sent the right people; they sent commanders, primary staff officers or their most knowledgeable individuals on the topics,” Vallejo said. “It gave participants a unified understanding of the challenges that all the services have in the Pacific, and everyone’s unique roles and responsibilities to solve those challenges.”



The HAW is an authorized newspaper, produced in the interest of the U.S. Army community in Hawaii by the U.S. Army-Garrison Hawaii Public Affairs Office. Contents of the HAW are not necessarily the official views of, or endorsed by, the U.S. Government or the Department of the Army.

The HAW is printed by the Honolulu Star-Advertiser, a private firm in no way connected with the U.S. Govt., under exclusive written agreement with U.S. Army, Hawaii.

The HAW is published weekly using the offset method of reproduction and has a printed circulation of 15,300. Everything advertised herein shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other non-merit factor of the purchaser, user or patron.

The appearance of advertising herein, including inserts and supplements, does not constitute endorsement by the Dept. of the Army, or the Honolulu Star-Advertiser, of the firms, products or services advertised.

Commander, U.S. Army Garrison-Hawaii
Col. Stephen E. Dawson
Garrison Command Sergeant Major
CSM Lisa C. Piette-Edwards
Director, Public Affairs
Dennis C. Drake
656-3154

Chief, Internal Communication
Aiko Rose Brum, 656-3155
editor@hawaiiarmyweekly.com
Pau Hana Editor
Jack Wiers 656-3157
community@hawaiiarmyweekly.com
Staff Writer and Photo Editor
Karen A. Iwamoto 656-3150
reporter@hawaiiarmyweekly.com
Layout
Kristen Wong
layout@hawaiiarmyweekly.com
Advertising: 529-4700
Classifieds: 521-9111
Address:
Public Affairs Office
745 Wright Ave., WAAF
Building 107, 2nd Floor
Schofield Barracks, HI 96857-5000
Website:
www.hawaiiarmyweekly.com
Nondelivery or distribution
656-3155 or 656-3488

Contributing Commands
U.S. Army Pacific
Russell Dodson, 438-2662
25th Infantry Division, & 25th Sustainment Brigade, & 25th Division Artillery
MAJ John E. Landry
655-6350
2nd Brigade Combat Team
MAJ Karen Roxberry
655-0738
3rd Brigade Combat Team
CPT Ramee L. Opperude
655-9526
25th Combat Aviation Brigade
CPT Steven J. Guevara
656-6663
8th Theater Sustainment Command
MAJ Lindsey Elder
438-0944
311th Signal Command (Theater)
CPT Liana Kim, 787-4095
94th Army Air & Missile Defense Command
SFC Claudio Tejada Valerio
448-1556
9th Mission Support Command
CPT Liana Kim
438-1600 ext. 3114
18th Medical Command (Deployment Support)
SFC John D. Brown, 437-4737
Tripler Army Medical Center
James Guzior, 433-2809
U.S. Army Corps of Engineers-Honolulu District
Dino Buchanan, 835-4003
500th Military Intelligence Brigade
SGT Shameeka R. Stanley
787-6824
599th Transportation Brigade
Donna Klapakis, 656-6420
USAG-Pohakuloa
Eric Hamilton, 808-969-2402



Parents must talk to keiki about safety

SGT. 1ST CLASS MIGUEL ESPINOZA
Law Enforcement Division
Directorate of Emergency Services
U.S. Army Garrison-Hawaii

WHEELER ARMY AIRFIELD — Schools are out for the summer, and the Directorate of Emergency Services wants to remind drivers and parents about the importance of keeping children safe throughout the summer months.

The summer months are always an enjoyable time of year for kids and adults alike. Children on break are typically outdoors and exposed to increased recreational hazards.

We have provided some safety tips for you to share with your children and hopefully prevent avoidable accidents. We recommend reminding them of the following tips:

- Teach your children to make eye contact with the driver before they cross a street, even if the walk signal is on.

- Remind them to walk – don’t run across the road – and to stop, look and listen before crossing the street.

- Always have them wear their helmet when riding a bicycle, skateboard, scooter or other recreational vehicle.

- Have them play in safe areas, not in the street.

Drivers must also remember the following tips because children playing can sometimes be unpredictable:

- Slow down and be alert in residential neighborhoods.

- Take extra time at intersections, on me-

dians and on curbs.

- Enter and exit driveways and alleys slowly.

- Watch for children on and near the roads.

- Never leave a child alone in a vehicle for any amount of time.

We would like to remind parents to plan accordingly and to be aware of the policy for leaving children home unsupervised. In accordance with U.S. Army Garrison-Hawaii Policy Letter 12, the Child Supervision policy, the below guidelines must be adhered to:

- Children younger than 10 years old cannot be left unsupervised at public facilities, residences or recreation areas.

- Children 10-11 years old may be left alone up to four hours, but not overnight.

- Children ages 12-13 years old may babysit their siblings ages 2 and above for up to six hours, if they have ready access to adult supervision, but not overnight.

- Children ages 14-15 years old may babysit their siblings for up to eight hours, if they have ready access to adult supervision, but not overnight.

- Children ages 16-18 year old may be left alone up to 48 hours, but must have telephone access to an adult in case of an emergency.

Installation Policy

The USAG-HI Curfew policy is as follows:

- Children 13 years and younger must be in their home or someone’s home between

9 p.m. to 6 a.m., unless under direct supervision of a parent or guardian 18 years or older.

- Children 14-17 must be in their home or someone’s home between 10 p.m. to 5:30 a.m., unless under direct supervision of a parent or guardian 18 years or older.

- All dependent children/family members ages 10-17 must have their military issued dependent ID card in their possession at all times while outside.

- Exception to curfew hours are returning home from a community facility, an installation activity, youth center or paid employment.

Within the U.S. Army Hawaii community, personnel leaving children unsupervised should be referred to the Military Police. Reports of possible neglect should be addressed to the Military Police in the Schofield Barracks community at 655-5555 or 655-7114. In the Fort Shafter community, call 438-7114.

Monthly Crime Trends

The following incidents happened in communities during the past month:

- Operating a vehicle under the influence of an intoxicant is trending upwards with 21 incidents occurring in May – 15 occurred off the installation and 6 occurred on the installation.

- There are a number of resources through the Army Substance Abuse Program at 655-9113 or through Military OneSource at 438-1781.

‘Always Ready’ Bn. changes command and responsibility

Story and photo by
STAFF SGT. MICHAEL BEHLIN
8th Theater Sustainment Command Public Affairs
FORT SHAFTER — The 8th Special Troops Battalion, 8th Theater Sustainment Command, officially changed command and responsibility during a ceremony, Friday (June 2), here, at historic Palm Circle.

During the ceremony, Lt. Col. Todd Allison and Command Sgt. Maj. Janet Thomas relinquished command and responsibility of the 8th STB to Lt. Col. Samuel Miller and Command Sgt. Maj. Ryan Meurer.

Hosting the ceremony was Col. Danielle Ngo, commander of the 130th Engineer Brigade. During her speech, Ngo thanked Allison and Thomas for their hard work over the years, while welcoming Miller and Meurer to the 8th TSC team.

“There’s no organizational structure like this anywhere, uniquely tailored to the challenges of the mission in the Pacific. I am in awe every day of the capabilities, determination, professionalism and mission mindset of the Soldiers here,” said Ngo. “Nothing can happen without our Soldiers, but our Soldiers need guidance, direction and leadership. That came from Lt. Col. Allison and Command Sgt. Maj. Thomas.

“As Lt. Col. Allison and Command Sgt. Maj. Thomas move on to higher levels, we are blessed to have Lt. Col. Miller and Command Sgt. Maj. Meurer join us,” Ngo continued.

Commissioned as a 2nd Lt. in 1999, Allison served as the as the 8th TSC’s commanding general’s initiative group chief before taking command of the 8th STB in 2015. He said that he has been in awe of the accomplishments of the 8th STB and its Soldiers.

“When I reflect over the past two years that Command Sgt. Maj. Thomas and I have been blessed to serve in command, we cannot help but remain in awe at the absolutely amazing accomplishments of this unique and diverse formation,” said Allison. “Our time in command of the ‘Always Ready’ battalion, serving with this team of professionals, is sparked by some major accomplishments, which can be contributed to the leaders and Soldiers of this battalion.”

With Headquarters and Headquarters Company, 8th TSC and the 545th Transportation Co. as subordinate units, Allison and the 8th STB were called upon frequently to assist with the strategic



Col. Danielle Ngo, commander of the 130th Eng. Bde., passes the 8th STB colors to Lt. Col. Samuel Miller, the incoming commander of the 8th STB, during the unit’s change of command and responsibility ceremony, June 2, at Fort Shafter’s historic Palm Circle. During the ceremony, Lt. Col. Todd Allison and Command Sgt. Maj. Janet Thomas relinquished command and responsibility of the 8th STB to Miller and Command Sgt. Maj. Ryan Meurer.

missions.

One of the command’s biggest mission contributors is the 545th Trans. Co. Logistics Support Vessels, which assists in intra-island and Pacific-wide movement of equipment and personnel.

“I never knew we had strategic assets like this in the Army until I came here,” said Ngo. “Their support spans from taking our Army divers to training to transporting vehicles and ammunition to the Big Island, to reaching Japan for Pacific Pathways.”

Miller comes to the 8th STB by way of the 593rd Expeditionary Sustainment Command, where he served as the chief of the materiel management branch. He said he looks forward to serving alongside the Soldiers and leaders of the 8th STB and 8th TSC.

“I’m committed to serving you over the duration of this command and beyond,” said Miller. “I’ll push you to accomplish the mission, meet your goals and be the best that you can.”



The Defense Department is observing June as LGBT Pride Month to recognize DoD’s lesbian, gay, bisexual and transgender service members and civilians.

DOD is honoring LGBTs this month

DOD NEWS

Defense Media Activity

WASHINGTON — The Defense Department is observing June as LGBT Pride Month to recognize DOD’s lesbian, gay, bisexual and transgender service members and civilians.

DOD Pride, an employee resource group, is hosting its annual celebration June 12 at the Pentagon.

Tolerance and justice

“The struggles, sacrifices and successes among the LGBT community continue to shape our history and remind us to uphold tolerance and justice for all,” wrote Anthony M. Kurta in a memo announcing the observance today.

Kurta is performing the duties of the undersecretary of defense for personnel and readiness.

“Integrity and respect are fundamental qualities of our military and civilian culture,” Kurta noted in the memo.

Celebrating diversity

“As we celebrate the diversity of the total force, we honor all who have answered the call to serve, and their unwavering commitment to our shared mission,” he wrote. “During the month of June, let us celebrate the diversity of the DOD workforce and rededicate ourselves to equity, dignity and respect for all.”

Voices of Ohana

Because the Army’s birthday is on June 14, we wondered, What is the best part about getting older?

By 2nd Infantry Brigade Combat Team Public Affairs, 25th Infantry Division



“As you get older, you can share your stories with loved ones and friends. You can become a mentor or even a role model.”

Sgt. Nathan Carrick
F Co., 225th Bde. Spt. Bn., 2nd IBCT



“I honestly don’t know. I’m not getting any older!”

Sgt. Gina Castillo
HHC, 1st Bn. 27th Inf. Regt., 2nd IBCT



“When you’re older, a 20-minute nap goes a really long way.”

Spc. Joseph Gonzalez
C Troop, 2nd Sqdn., 14 Cav. Regt., 2nd IBCT



“As you get older, you become a little wiser. You’re able to make smarter decisions and learn from the mistakes of your past.”

Sgt. 1st Class Nam Hguyen
HHC, 2nd IBCT



“As you get older, you get to see how the world changes over the years, how people, countries and cultures change. It’s all really interesting.”

Pvt. Thaddeus Wakefield
D Co., 1st Bn. 21st Inf. Regt., 2nd IBCT

‘Workhorse’ MPs train for future deployment

Story and photos by
STAFF SGT. TARESHA HILL
8th Theater Sustainment Command
Public Affairs

WAIALUA — Military Police Soldiers from the 58th MP Company, “Workhorse,” 728th MP Battalion, 8th MP Brigade, 8th Theater Sustainment Command, conducted a company validation exercise (VALEX), May 22-26, at Makua Military Reservation, here.

The weeklong exercise validated the company’s tactics, techniques and procedures (TTPs) used in preparation for their upcoming mission to Guam.

The VALEX will help to sharpen their core MP competencies, while the Guam mission will offer many opportunities for the deploying Soldiers to increase their readiness and to expand on their MP expertise.

“I’ve never done critical site security during a deployment, so I’m excited to learn and to become a more knowledgeable leader,” said Sgt. Samantha Hall, a squad leader.

Hall said that, while most of the mission objectives she and her Soldiers have executed so far during the VALEX can be related to their job, when working the roads here in garrison, she takes the training further by ensuring her Soldiers are able to do her job.

“I try to get my Soldiers on the same knowledge plane as myself, so if I were to go down, they know what to do to take over the position,” said Hall. “It’s very important for everyone from the lowest level to know the mission.

“It’s what makes a mission successful,” added Hall.

Workhorse Soldiers conducted training on everything from critical site security, area security, route reconnaissance and surveillance, as well as base the fence and Quick Reaction Force response.

“They are getting after it every day. We’re improving our foxhole, our TTPs and our systems and processes,” said 1st Sgt. James Rutherford, the unit’s senior enlisted adviser. “They’re doing



MP Pfc. David Carey, from the 58th MP Co., 728th MP Bn., 8th MP Brigade, 8th TSC, pulls area security.



Military working dog handler Pvt. Sarah Grills and her K-9 partner Baron, a patrol explosives detector dog with the 520th MWD Det., 728th MP Bn., 8th MP Bde., 8th TSC, conduct a route clearing mission.



MPs from the 58th MP Co., 728th MP Bn., 8th MP Bde., 8th TSC, secure two prisoners.

a phenomenal job and I’m extremely proud of them.”

The unit is replacing “Team Sword,”



MPs Pfc. Mason Clifton (right) and Spc. Khai’Rie Gregory, from the 58th MP Co., 728th MP Bn., 8th MP Bde., 8th TSC, conduct route surveillance during the company’s validation exercise, or VALEX, May 22-26, at Makua Military Reservation, here. The VALEX was conducted as part of the company’s training for its upcoming deployment to Guam.

from the 552nd MP Co., 728th MP Bn., who deployed earlier this year and are currently supporting the Task Force Talon security force in Guam.

Rutherford added, “Our Soldiers are trained and ready. We are more than ready to get down there and assume that mission.”



Photo by Lt. Col. Christine Nelson-Chung
Gen. Robert B. Brown (center), commanding general, USARPAC, poses at the trilateral meeting with General Jang Jun-Gyu (left), chief of staff of the Republic of Korea Army, and General Toshiya Okabe, chief of staff, Japan Ground Self-Defense Force, prior to the start of the 2017 Land Forces Pacific Symposium on May 23.

2017 LANPAC aids trilateral defense, says CG

U.S. ARMY-PACIFIC
Public Affairs

HONOLULU — Gen. Robert B. Brown, commanding general, U.S. Army-Pacific, held an early morning trilateral meeting, here, May 23, with Gen. Jang Jun-Gyu, chief of staff of the Republic of Korea Army, and Gen. Toshiya Okabe, chief of staff, Japan Ground Self-Defense Force, prior to the start of the 2017 LANPAC Symposium.

Both Jang and Okabe agreed when Brown remarked, “This historic meeting between such tremendous partners demonstrates the iron-clad relationship between our three countries and is more important now than at any time.”

The three leaders shared consensus that co-operation between the U.S., Japan and the Republic of Korea is of the utmost importance in the face of threats from North Korea.

Readiness, training and interoperability of their forces were among the priorities as they discussed security and cooperation across the Pacific, readiness of land forces, and integration of those land forces into multiple domains.

The annual LANPAC event has grown significantly in scope and impact since it began in 2013. Army leaders from 27 countries across the Indo-Asia-Pacific region discussed topics during 15 panels and forums and met with industry partners, but this was the first trilateral meeting of this kind.

The breakfast meeting laid the foundation for future discussions on trilateral defense cooperation. Brown added that such meetings are significant in that they “enable cooperation among regional powers in Northeast Asia.”

Brown, Okabe and Jang agreed to a follow-up meeting at the Pacific Armies Chiefs Conference/Pacific Armies Management Seminar, or PAC/PAMS, being co-hosted by the Republic of Korea and the United States in September 2017.

Budget seeks raise for pay, more

Story and photo by
C. TODD LOPEZ
Army News Service

WASHINGTON — If Congress approves what was asked for in the Fiscal Year 2018 defense budget request, Soldiers can expect to see a bump in their paycheck come January.

The FY18 budget request, released by the Army on May 23, includes \$58.3 billion for military personal funding to support an Army of 1,018,000 Soldiers across the total force.

This increase is \$2.8 billion over last year’s enacted budget, and that extra money will not only pay for sustaining the additional Soldiers authorized in the 2017 National Defense Authorization Act, but will also pay for an increase in Soldier compensation.

The FY18 budget asks for a 2.1 percent increase in Soldier basic pay, a 2.9 percent increase in basic allowance for housing, and a 3.4 percent increase in basic allowance for subsistence. If enacted, those increases will go into effect Jan. 1, 2018.

Maj. Gen. Thomas A. Horlander, director of the Army budget, provided highlights of the Army’s \$137.2 billion FY18 base budget request May 23 at the Pentagon.

“The funding levels of the recently enacted FY17 budget and this FY18 base request are consistent with the administration’s goals for the U.S. Army to rebuild readiness, reverse end strength reductions and prepare for future challenges,” Horlander said, adding that this year’s budget request is designed to provide combatant commanders with the “best trained and ready land forces that we can generate.”

A \$38.9 billion request for operation and maintenance dollars in the FY18 budget – a \$2.7 billion increase over the enacted budget last year – is designed to “resource a more balanced readiness across the force,” Horlander said.

That includes funding for 19 combat training center rotations for both the regular Army and the National Guard, as well as funding for increased home station training that will focus on both decisive action and counter-insurgency operations.

Equipment procurement and maintenance

That O&M budget for the regular Army also provides funding for equipment sustainment, with an increase in depot maintenance “to help bring our equipment to a greater level of repair, and by enhancing Army prepositioned stocks that will improve global responsive capabilities,” Horlander said.

The recent release of the “Strategic Portfolio Analysis and Review,” or SPAR, spelled out the top Army priorities in modernization. From that review, the Army has documented 10 top-level areas on which to focus limited modernization dollars. Chief among those areas are air and missile defense, long-range fires and filling a munitions shortfall.

All three of those priorities are adequately addressed in the FY18 budget proposal, where \$26.8 billion has been requested for procurement, as well as research, development, testing and evaluation (RDT&E). In that RDA budget, procurement dollars requested actually decreased from last year, while the requested amount for research has increased, Horlander said, “to enable the Army to retain our advantage against advanced adversaries and to address a broader range of potential threats.”

Within the procurement dollars, he said, air and missile defense, as well as long-range fires, represent “the most urgent and pressing capability needs. Given the possibility of confronting a force with substantial anti-access and area-denial capabilities, the Army needs to advance its short-range air defense and long-range fires capabilities.”

In keeping with that priority, he said, the FY18 budget



If Congress approves what was asked for in the Fiscal Year 2018 budget request, Soldiers can expect to see a bump in their paycheck come January.

funds procurement and installation of 131 Patriot Missile modification kits, as well as investment in Avenger surface-to-air missile system support.

For long-range fires, Horlander explained that the FY18 budget supports a 10-year service life extension of 121 currently expired Army Tactical Missile Systems, procurement of 6,000 Guided Multiple Launch Rocket Systems, and continued enhancement for 93 Patriot Missile systems with the Missile Segment Enhancement program, which increases altitude and range of the rockets.

More munitions

As part of the Strategic Portfolio Analysis and Review, the Army identified a munitions shortfall as one of the top three priorities it hopes to address. Horlander said the FY18 budget request “will help ensure the availability of critical munitions for the combatant commands.”

Inside that request, he said, the Army asks for funding to buy 88,000 unguided Hydra 70 rockets, as well as 480 M982 Excalibur guided bombs for war reserve inventory replenishment. The budget also asks for funding to support modernization of the Army’s ammunition industrial facilities, including a multi-year effort to improve the Holston Army Ammunition Plant in Tennessee.

On the ground, the Army aims to improve mobility, lethality and protection for its brigade combat teams. The FY18 budget request supports combat vehicle modernization for the Abrams, Stryker, Bradley and Armored Multi-Purpose Vehicle, as well as the Howitzer fleet.

Horlander said the Army plans to procure 42 of the AMPV systems within the FY18 budget request, as well as purchase active protection systems for Abrams tanks with-in Europe-based BCTs.

Aviation, which makes up the largest portion of the FY18 procurement request at about \$4.2 billion, asks for funding for 50 remanufactured AH-64 Apache aircraft, 13 new Apaches, as well as funding for 48 UH-60M Black Hawk aircraft and six CH-47 Chinooks.

The \$9.4 billion in RDT&E funding, he said, aims to “put technologically advanced equipment and more lethal weaponry in the hands of Soldiers sooner,” Horlander said.

Focus in that portion is on continued development of air and missile defense, long-range precision fires, and weapons and munitions technologies, he explained. The Army is planning on investing in the Stinger Product Improvement Program as well as the Patriot Product Improvement Program.

(For the rest of the story, visit www.hawaiiarmyweekly.com/2017/06/05/army-budget-request-asks-for-raise-in-soldier-pay-housing-subsistence/.)

Virtual trainer assists Soldiers’ readiness

Story and photo by
CAPT. RACHAEL JEFFCOAT
Army News Service

CAMP BONDSTEEL, Kosovo — The lights are dim and the tension is so thick someone could cut it with a knife. The rattling sound of firing ammunition comes from out of the darkness. The gunner charges the M2 .50 caliber machine gun, and then locked and loaded, she begins to scan the ... screen? Walking into the Reconfigurable Vehicle Tactical Trailer is like walking into a giant three-dimensional gaming system. The RVTT is made up of a series of trailers that house full-size Humvees, which are mounted with either a M2 .50 caliber machine gun or a M249 squad automatic weapon. The trailer walls are lined with large screens that display a simulated video scenario. Soldiers are virtually transported in the RVTT to any location, ranging from missions in Afghanistan to basic range target practice at any military installation. The screens that surround the Soldiers display terrain, roads and even civilians walking in the villages. The Soldiers must scan the screens in a 360-degree rotation for enemy combatants, while simultaneously radio communicating with other members of their platoon and “driving” the Humvee on the roads.

The Military Police detachment assigned to Multinational Battle Group-East took full advantage of the opportunity to utilize the first-ever RVTT that was deployed to Camp Bondsteel, Kosovo, from Grafenwoehr, Germany. “Our primary mission in Kosovo is law enforcement,” explained Sgt. 1st Class Brandon Hatchell, platoon sergeant of the MP detachment assigned to MNBG-East. “Our Soldiers who came together 90 and 120 days prior to our deployment to Kosovo did not train on our tactical mission set that we would normally conduct in Afghanistan or Iraq. By conducting the



A military policeman assigned to Multinational Battle Group-East stands ready as the gunner of the .50 caliber machine gun during RVTT training on Camp Bondsteel, Kosovo, May 5. MPs conducted the RVTT to refine tactics, techniques and procedures within their platoon to better prepare themselves for their tactical mission requirements.

RVTT, it assists in hitting those objective measures of training and coming up with those proper tactics, techniques and procedures.” When it first debuted in October 2009, the RVTT’s primary mission was for Soldiers to practice convoy operations that would prepare them for missions in Afghanistan and Iraq. Now, with upgrades to the systems, units can use the RVTT for missions at home stations, such as gunnery ranges and drivers training, according to the RVTT system project manager Bruner Caudill. This system allows for units to maintain their combat readiness even in a deployed environment, such as Camp Bondsteel, where there are a limited

amount of tactical training resources. “It saves the units a lot of time and money on resources,” said Caudill. “It reduces all the resources that a unit has to have to practice things with their real world equipment from dispatching vehicles, ordering ammunition, drawing weapons from the arms room, and all the things that they will need from the S4.” Not only does the RVTT conserve resources, but it allows units to continue to train on enhancing their skills while mitigating the risk of injury. They can rehearse over and over until it’s time to execute, says Caudill. “I have a lot of junior Soldiers in my platoon that have not deployed to a combat environment,” said 2nd Lt.

Shamara Nichols, platoon leader of the MP detachment. “This was a good first step for them to do this simulation where our lives are not in danger, in order to get those good tactics, techniques and procedures in and work on our convoy operations.” The Army has come a long way, Caudill said. He recalled a time when he was a first sergeant in the U.S. Army and had to paint the terrain of Hohenfels, Germany, on his unit’s parking lot in order to rehearse battle drills with this company. “We have such a great asset, such as the RVTT, for our troops to train with. It’s just incredible how far the military has come,” he said.

ARL is teaching robots to understand language

C. TODD LOPEZ
Army News Service

WASHINGTON — Earlier this month, at the Pentagon, a robot called “RoMan,” which stands for “Robotic Manipulation,” demonstrated how it could pick up a tool box and then put it back down. Nearby, a scientist from the U.S. Army Research Laboratory (ARL) manned the robot’s controls. The future of Army warfare will likely involve robotics deployed to perform an array of functions that Soldiers today perform for themselves, ARL researchers say. But what will likely not be part of that future, they say, are Soldiers who operate those robots with a controller or stick. Instead, those robots will operate independently, after having been issued verbal instructions by a Soldier. Dr. Stuart Young, who serves as the chief of the Asset Control and Behavior Branch at ARL, was at the Pentagon in May as part of the annual Lab Day exhibition. Along with other DOD researchers, he manned a booth in the Pentagon courtyard where he met with military personnel to discuss his team’s current projects and innovations.

Young said his team’s project involves making robots more capable of understanding natural language, so they can function more like members of a team rather than just a tool that has to be controlled by a Soldier. Robots, he explained, should be more like teammates to the Soldiers they work with, and should, like the Soldier, understand the intent of the mission they are executing. “We are focusing on natural language dialogue, which is a bi-directional conversation we can have with the robot,” Young said. “I want to be able to naturally engage with the robots. So if I, for example, say, ‘Go to that building over there,’ you might say, ‘Which one?’ And I could say, ‘The tall one.’ It’s a way for us to have a dialogue and disambiguate what you intend for the robot to do.” Right now, Army robots are tele-operated and require Soldiers to control them directly. With the current technology, Soldiers who are operating the robot must stop their other duties to



Photo by Megan Paice, U.S. Army Research, Development
The robot “RoMan,” short for “Robotic Manipulation,” is on display in the Pentagon Courtyard during a May 18, “Lab Day.” Specialists from Army Research Laboratory are working to take robots like RoMan and get them to understand natural language commands, so that Soldiers can interact with them like teammates, rather than tools.

focus on directing the robot. To operate a robot, for instance, the Soldier might have to put down his own gun and pick up a controller. This might mean that another Soldier has to provide security for that Soldier while he controls the robot – so operating a robot might take two Soldiers out of the fight. That’s got to change, said Dilip Patel, a researcher from General Dynamics who works with ARL. “Now you have a Soldier managing and operating a robot, instead of having their fingers on the trigger,” he said. “We don’t want that. We want these robots to be autonomous, so you just tell the robot, ‘Robot, go in that building. And if you have to break down the door, break down the door. Go inside and communicate with the occupants and tell me what is going on in there.’ So the robot is looking at the Soldier and listening, through natural language communication, and knows exactly what to do.” Patel is part of the Robotics Collaborative Technology Alliance

Program, managed by the ARL. He explained the goal of their program – which focuses on robotic perception, intelligence, human-robot interaction, and dexterous manipulation and mobility – is to provide autonomous, robotic teammates to dismounted Soldiers. “When dismounted Soldiers are approaching an area that requires somebody to go in and either break down a door or interact with an improvised explosive device, we don’t want our Soldiers doing that,” Patel said. “We want the robots doing that. That’s the purpose of this program, to lay the foundation, the research, that’s going to make this happen.” There’s a lot more work to be done to get robots to respond to Soldiers the way other human Soldiers do, Young said. And there’s a lot of work to be done getting robots to perform like Soldiers as well. “The robots don’t have common sense,” Young said, “so we use tools like

knowledge bases to be able to imbue the robots with that common sense understanding of the world, so they can understand what the human wants them to do, in context. And once we understand that, then the robots have the difficult challenge of being able to understand the environment. It’s perception of the world.” Young said that robots must understand their environment beyond just knowing what things are, like a building, or stairs or asphalt, for instance. They must understand what those things mean to them as well. “The grass, the concrete, those are not just things. They are things you can walk on or you can drive on,” Young said. “If I detect mud, well mud is something you can drive on, but it might not be as optimal, or it may have a higher risk. I might get stuck. So that’s the type of thing we have to look at. And then that goes into some sort of cognitive architecture, so we can do intelligent behaviors.” Young also said those robots need to be able to adapt to environments without having prior experience in that particular setting, and they must do so at a speed that allows them to keep pace with Soldiers performing the mission. “We need platforms that can manipulate the environment and maneuver with the Soldiers at operational tempo, at the speed they need to operate at, so the robots are not slow and deliberate, but are able to keep up and have resiliency,” he said. Dr. John Fossaceca, a research scientist at ARL, predicts that the robot as a teammate concept is about 20 years away for the Army. “In the future, I envision that Soldiers and robots will be working together as teammates, fully dismounted, and robots will be able to understand the intent of the commander, and will have a feedback loop where the robot can get clarification of instructions and understand even the tempo of the operation, understand the context of the environment we’re working in, be able to do automatic exploration, come back with reports, and basically save Soldier’s lives,” he said. “In 20 years, this will be working.”

Army wants community to put safety first

COMBAT READINESS CENTER
U.S. Army

Sponsored by the National Safety Council, National Safety Month is observed annually by the Army in June.

This observance is focused on reducing leading causes of injury and death for service members while on duty, off duty, while driving the nation’s roads and highways, and while in the comfort of their homes and communities.

This observance offers the Army leaders a prime opportunity to review and revitalize the Army’s accident prevention efforts and engage the force on loss prevention and risk management through increased awareness, recognition, mitigation and behavior change.

What has the Army done?

The U.S. Army Combat Readiness Center, in collaboration with the Deputy Assistant Secretary of the Army and the Assistant Secretary of the Army for In-



Courtesy graphic

Every June, the Army promotes safety awareness among the Army community.

stallations, Energy and Environment, launches an Army-wide campaign each June to bring attention to the importance of creating an Army-wide culture of safety.

The USACRC website provides safety

information and multimedia products to help educate Soldiers and leaders. Materials typically focus on different aspects of safety in the Army, including civilian injury prevention, ground operations, aviation operations and driving.

What continued efforts are planned?

The Army will continue its annual observance of National Safety Month, with the USACRC providing support with safety information by way of products and tools for users in the field. While yearly campaigns may differ in topic areas or focus, materials will always be developed according to the Army’s latest accident trends and risk mitigation initiatives.

Leaders will continually increase their level of engagement with their subordinates to accomplish the following:

- Increase awareness.
- Increase the recognition of hazards.
- Increase the need to mitigate risk.
- Increase the opportunity to change a

behavior.

- Decrease the opportunity for injury, death or destruction of property.

Why is this important to the Army?

Preventable accidents that result in injuries and fatalities reduce the Army’s strength and impact combat readiness.

The spring and summer months are typically the most dangerous times of year for Soldiers off duty, especially regarding accidents involving private motor vehicles, motorcycles and personal watercraft.

Every day is critical when it comes to risk, and leaders, Soldiers, civilians and family members must work together to prevent needless losses within their formations, organizations and communities.

By using National Safety Month as a starting point for dialogue, leaders can establish or enhance safety programs that pay dividends throughout the year, regardless of season.



June Today Retirement Video — The Office of Personnel Management, or OPM, has a new video to help educate employees about their annuity benefits under the two most common federal retirement systems: the Civil Service Retirement System (CSRS) and the Federal Employees Retirement System (FERS).

The video will help CSRS and FERS employees understand the following:

- Which is my retire-

ment system?

- How much of my salary is contributed to my retirement system?
- When can I retire?
- What service is creditable toward my retirement eligibility and annuity benefit?
- How can I estimate my monthly annuity benefit?
- What reductions could apply to my annuity benefit?
- How can I prepare for retirement?

The 51-minute video is available at www.opm.gov/RetirementOverview.

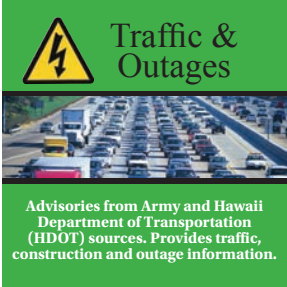
12 / Monday Green to Gold — The U.S. Army Cadet Command (ROTC) changed the application dates for the upcoming Green 2 Gold Selection Board. Soldiers who are applying for scholarship or active duty options for the fall of

2018 must submit applications per the following suspense:

- June 12: Application window opens. Soldiers can create a new application at www.goarmy.com/rotc/enlisted-soldiers as of this date.
- Nov. 26: Deadline for Green 2 Gold Packets. All applications and required documentation must be uploaded to the application dashboard by this date.
- Dec. 11-15: Green 2 Gold Selection Board is held.

If you have questions, contact the following personnel:

- William Roach, recruiting operations officer, University of Hawaii-Manoa Army ROTC, at (808) 956-7766.
- David Sullivan, enrollment eligibility officer, University of Hawaii-Manoa Army ROTC, at (808) 956-7744.



(Note: Times and locations of outages are a best guess. Field conditions may extend the locations and time needed.)

Ongoing

Montgomery Drive, Fort Shafter — A partial road closure will occur at Clark Road, near Bldgs. 334 & 339, for final tie-in of the water line. South-bound traffic on Montgomery Drive, alongside the buildings will be diverted to Montgomery Drive through June 10.

The work will be performed Monday

through Saturday and will occupy the one-way Montgomery Drive adjacent to Bldg. 339.

Fort Shafter’s Wisser Road — There will be intermittent road closures at Wisser Road between 7th Street and Arsenal Road for the connection of a new water main line in the vicinity of Island Palm Communities Bldg. 111. Construction started in December and will continue through June 15 from 8:30 a.m.-5:30 p.m., Monday through Friday, excluding holidays.

The duration of the closure is being extended due to a pending water outage date to allow for connection. Access to the adjacent parking lot will be accessible by means of the driveway entrances nearest to Bldg. 525 and 7th Street intersection.

Westbound traffic from Simpson Street

and Patch Gate headed toward Funston Road will be detoured through Arsenal Road. Eastbound traffic from Funston Road and 7th Street headed toward the Post Exchange and Patch Gate will be detoured through Pierce Street, the PX parking lot and Arsenal Road.

Aliamanu Drive Lane Closure — A lane closure and contraflow will take place on Aliamanu Drive, between Rim Loop and Valley View Loop, on Aliamanu Military Reservation, for utility locating work on behalf of the Directorate of Public Works.

The work will be performed through June 16, Monday through Friday, between 8:30 a.m. to 3:30 p.m. Saturday and Sunday work will only be performed if absolutely necessary, between 9 a.m. and 5 p.m.

Medics from across the Pacific fight to earn EFMB

Story and photos by
SGT. DANIEL K. JOHNSON
28th Public Affairs Detachment

SCHOFIELD BARRACKS — More than 200 medical Soldiers from across the Pacific gathered, here, at the end of June to compete for the Expert Field Medical Badge.

The badge, held by only about 10 percent of the Army medical community, requires intense training to prepare for and even more fortitude to earn.

“The Expert Field Medical Badge (is) designed as a special skill award for recognition of exceptional competence and outstanding performance by field medical personnel,” said 1st Lt. Nolan D’Angelo, the event’s officer in charge, from 2nd Infantry Brigade Combat Team, 25th Infantry Division. “Only around 10 percent of the medical community has the EFMB. Wearing the EFMB places you in a very small and prestigious group.”

“For junior enlisted Soldiers and junior noncommissioned officers, it provides them promotion points, bragging rights and sense of accomplishment,” said Maj. Antione Barnett, an optometrist from Medical Department Activity-Fort Wainwright, Alaska. “For senior enlisted and officers, it allows them to set the example for achieving the badge.”

“Soldiers who earn the coveted EFMB display to their subordinates, peers and leaders that they possess high levels of physical fitness, mental toughness and the ability to perform to standards of excellence in a broad spectrum of critical medical and Soldier skills,” said D’Angelo.

The EFMB is a grueling test of every aspect of being a medical professional and a Soldier in the U.S. Army.

“The EFMB Test consists of a 60 question written test and has three Combat Testing Lanes consisting of Tactical Combat Casualty Care, communications, warrior skills, and medical evacuation tasks, day and night land navigation, and concludes with a 12-mile ruck march, which the Soldiers must complete in three hours,” said D’Angelo.

“The two most difficult tasks are night land navigation and Combat Training Lane #1,” said Barnett. “CTL #1 involves emergency medical treatment, Tactical Combat Casualty Care tasks, disassemble, assemble, and perform functions check of an M9 pistol and an M16/M4 rifle, as well as move under direct fire.”

Soldiers travelled from across the Pacific to participate in the EFMB with the 25th Infantry Division. Many who did not make it will have to return again next year to take another shot.

“More than 200 Soldiers came from all around the Pacific to include 1st SBCT in Alaska, Medical Department Activity-Alaska, MEDDAC-Japan, Public Health Command-San Diego, 18th Medical Command, Tripler Army Medical Center, 8th (Theater) Sustainment Command, 2nd IBCT, 3rd IBCT, 25th Infantry Division Artillery, 25th ID Headquarters, and the U.S. Army Pacific Command,” said D’Angelo.

“The EFMB is challenging, but attainable,” D’Angelo said. “The 25ID EFMB team encourages all of the Soldiers that went for the EFMB this year and did not get it to continue to pursue it.”



Sgt. Kierra Rice, a combat medic with 2nd Infantry Brigade Combat Team, 25th Infantry Division, bandages the head wound of Pvt. Kayla Joseph, a signal support specialist with the 8th Military Police Brigade during the 25th ID’s annual Expert Field Medical Badge competition.



Sgt. Kierra Rice, a combat medic with 2nd IBCT, 25th ID, repairs a sucking chest wound on a training dummy during the 25th ID’s annual Expert Field Medical Badge competition.



Soldiers competing and acting in the 25th ID’s annual Expert Field Medical Badge competition transport the injured driver of a Humvee using stabilization equipment to prevent further spine injuries.

Stories that inspire

Family perseveres after medical emergency

AMY PARR
Regional Health Command-Pacific
Public Affairs

HONOLULU — “And they lived happily ever after.”

Those words are echoed in so many classic childhood fairy tales. While real life stories rarely mirror fairy tales, every once in a while a boy meets a girl, falls in love and a magical story ensues.

Such was the case for Lou and Missy Zeisman. Their story – in the real world with real people – is filled with happiness and sadness and the strength and perseverance born from heartache and joy. Their story must be told for it is about the miracle of love ... and life.

Their story

In 2015, the Zeismans arrived in Hawaii for their next permanent change of station. Barely on island two weeks and not due to move into their home for another two days, Col. Lou Zeisman, U.S. Army-Pacific executive officer, and his wife, Missy, went to the Joint Base Pearl Harbor-Hickam gym to work out.

“We’re gym people,” he said, noting different ways families spend time together. “It was a family affair and what we did every day, even on weekends.”

Zeisman said they followed a particular pattern in their workouts, always ending the same way with multiple sets of abdominal workouts. But that day was different.

“Missy got a headache, and all of a sudden took a knee and said we had to leave,” said Zeisman. “That’s when I knew something wasn’t right. Missy was competitive. She always finished her workouts and wouldn’t stop until she did.”

Arriving back at lodging, she just wanted to lay down with a bag of ice. Zeisman said he briefly ran to work and when he returned she was sweating and vomiting.

Missy told him she had an aneurysm and to call 911.

“I didn’t want to believe it,” he said. “Missy worked out hard. She would sometimes get dehydrated, and I wanted her to just be dehydrated.”

Zeisman said sometimes bad things happen. There’s no warning given or reason evident. A seemingly normal day changes in a split second and what is be-



Courtesy photo

Missy Zeisman shown with her two boys, Hunter, now 21, and Hudson, now 14. Before suffering two arterial breaks in the cerebral portion of her brain in August 2015, she worked out daily. Her husband, Col. Lou Zeisman, credited her healthy lifestyle with helping her to survive.



Courtesy photo

From left to right, Hudson, Hunter, Missy and Col. Lou Zeisman, USARPAC executive officer, share a family photo. After suffering from two arterial breaks in the cerebral portion of her brain in August 2015, Missy has been through eight surgeries, including three lumbar drains.

Zeisman said he owes so much to the dedication of Army members – from his command to the doctors at TAMC, people who helped in any way, and the doctors at Walter Reed National Military Medical Center.

lieved to be true is no longer the case.

“I always thought cancer, aneurysms, car crashes – those happen to other families, not ours,” said Zeisman, echoing the thoughts of so many until something does happen.

But that fateful August day, Zeisman said, taught him so much about positivity, resiliency, family and the power of love.

Some background

Lou and Missy Zeisman were college sweethearts. Both are from Fayetteville, North Carolina. He came from a military family and she from a family of educators. The two met in North Carolina’s Pembroke State University gym.

Missy, who was cheerleader, said Lou, a wrestler, chased her and fell hard, both literally and figuratively, as he “showed off,” trying to impress her.

After graduation, Zeisman had to make a decision on his next step. He chose to follow his father into the Army. Zeisman said watching his dad, who served for 34 years, inspired him.

While dating Missy, Zeisman knew she was the one for him, his forever girl. He wanted to spend his life with her and make a home wherever the Army sent them.

But before the college-athlete-turned-Army-officer could make that happen, he had one more obstacle. He needed her family’s blessing.

Zeisman said he holds close memories of the events leading up to their marriage. “I showed up to her house in my mess uniform, with one little ribbon and asked her dad permission to marry his daughter,” he said. “I was afraid he might say no because Army life meant she might have to leave Fayetteville.”

To his joy, Zeisman was given the blessing, and on Feb. 1, 1992, he and Missy began their married journey. For the next 23 years, they built a life together. They celebrated the birth of two boys: Hunter, 21, and Hudson, 16.

Everything changed

Then in a flash, on that August day, everything changed. That summer day nearly two years ago, Zeisman, heeding his wife’s words, called an ambulance.

Missy was rushed to Tripler Army Medical Center.

Despite all the pain, as emergency responders were carrying her out, Missy leaned over to her son, Hudson, who was dressed in football attire for a school game later that day and said, “Don’t worry about your momma. Go play your game.”

Upon arrival at the hospital, it was discovered that Missy had two arterial breaks in the cerebral portion of her brain.

“How did Missy know she had an aneurysm?” said Zeisman. “Did someone tell her to tell me that? A lot of people believe it was her faith in God.”

Missy’s condition was deteriorating rapidly. At one point, she was given potentially an hour left to live. Zeisman was presented with two options: Say goodbye to your wife or attempt a risky surgery.

“Missy was always so full of energy. She’s funny and fun and nonstop. I don’t know how she gets her energy,” he said.

Calling his wife the fittest woman he knew, Zeisman refused to give up and do nothing. Missy underwent a 7 1/2-hour surgery where surgeons clipped the arteries. It was during this time Zeisman said the strength of the Army family was demonstrated again.

With their older son at college in Alabama and much of their family in North Carolina, the Army community surrounded Zeisman.

Community support

“Family and friends are so important,” he said. “You can’t do this by yourself.”

Never alone for a second with “the entire community there,” Zeisman was grateful for the support of his boss, Gen. Vincent Brooks, who was the USARPAC commander then, for providing a positive outlook.

“Gen. Brooks never thought once she wouldn’t make it,” he said.

Missy made it through the surgery. Zeisman

credits her love for her children and her fitness. Working out two hours every day, “she was that mom pushing the boys in a double jogger running 5Ks. That gym time saved her life,” he said. “During surgery, they weren’t concerned about her blood pressure or heart because she was so healthy. They could just focus on the surgery.”

But it was her children he said that made her fight.

“A mother’s love for her children is amazing.”

Even to this day, Zeisman said he’s amazed every time he stops to remember how her concern wasn’t for herself.

With the surgery complete, Missy entered the next phase. Zeisman said they weren’t out of the water just because she survived surgery. For the next three days, doctors worried about swelling and the arteries damaging the brain stem.

They said, “Call your family.”

Hunter; Zeisman’s father, Paul Zeisman; and Liz Edwards, Missy’s mom, all dropped everything and flew to Missy’s bedside. Two days later, the Zeismans’ house was available and neighborhood wives supervised the delivery of their household goods.

Meanwhile, “I was in ICU and Missy’s alarm monitors kept going off,” he said. “We sat there as a family not knowing what would happen.”

Missy was not coherent. The family still wondered, would she survive?

As this period passed, Missy began having cerebral vasospasms and was moved to Queens Medical Center for treatment by a specialist, Dr. Sung Lee.

“Her arteries wanted to collapse causing additional strokes,” Zeisman said. “Within 30 minutes of Dr. Lee opening up her artery, she never had another stroke.”

As the family rotated back and forth from their home to Tripler, Zeisman said he is so grateful for the continued community support.

“People brought food every night for weeks, people we knew and people we didn’t know. Sometimes food was just there, and we don’t even know who provided it because people are that good.”

After a month in the neuro intensive care unit, Missy regained consciousness on Sept. 22.

“They sat her up and she opened her eyes,” Zeisman said. “She was still on the ventilator. She could see and squeeze our hands, but then she’d fall right back asleep.”

(Editor’s note: Stories that inspire is the first in a series of patient interviews that speak to the resiliency of the Army family.

These stories touch Regional Health Command-Pacific professionals and serve as inspiration as they carry out the medical mission.

Read the rest of the story at www.hawaiiarmyweekly.com/2017/06/05/army-family-redefines-resiliency/.)



Photo by Karen A. Iwamoto, Oahu Publications
ASYMCA preschool teacher Brianna Perez reads to students in one of the classrooms at the Wheeler branch of the ASYMCA on Monday.

Serving the families of those who serve

Armed Services YMCA supports Army mission

KAREN A. IWAMOTO
Staff Writer

WHEELER ARMY AIRFIELD — On a recent sunny summer morning, a handful of children were playing in the Armed Services YMCA's courtyard, here.

After about an hour of hula hooping, tossing balls and playing on the jungle gym, they lined up and made their way inside one of the classrooms for story time and to share highlights from their morning.

"What was your favorite part of the day?" Brianna Perez, their preschool teacher, asked when they were all seated and settled in the reading area.

"Playing outside!" said 4-year-old Andrew Severin.

"The fish!" said 4-year-old Jeremiah Hatén, pointing to the marine-themed decorations on the wall.

"Jeremiah!" said 4-year-old Ava Wilkins, wrapping her classmate in a hug.

This summer program for preschool-age children provides an affordable child care option for Army families who are looking to socialize their children and give them an early start on their education.

"I feel like preschool options in Hawaii are really limited," said Stephanie Severin, Andrew's mother and an Army spouse whose background is in children's education. "I was on the wait list for the Child Development Center for a year and had even started looking into private preschools off-post, but they were really expensive, so I was glad when there were openings here."

"I really like it, especially the Parent Participation Preschool program because it let me be there with him and help him transition into preschool. I feel that made for a good transition."

"He's made a lot of friends here," she added, "and so have I. There are a group of us parents whose kids have moved up through the classes together, and we're friends outside of class."

This is exactly the role that the ASYMCA of Honolulu was created to fill, said Faith Carrabis, ASYMCA of Honolulu's outreach director.

"The military does a good job of taking care of its people, but it helps to have other



Photos by Karen A. Iwamoto, Oahu Publications
Leona Southward, 4, is chased by Andrew Severin (in blue), 4, and Landon Cutlip, 4, during outdoor playtime at the Wheeler branch of the ASYMCA.



Photo by Karen A. Iwamoto, Oahu Publications

organizations step in and fill in needs as they arise," she said. "We make sure that we provide services that meet our families'

Left — Andrew Severin, 4, and others push Leona Southward, 4, in a Little Tikes pushcar during playtime at the Wheeler branch of the ASYMCA on Monday.

needs. "We create a family when some of us have no family here," she added. "We become each other's family."

For the past 100 years, the Armed Services YMCA of Honolulu has been supporting military families with services and programs aimed at making their lives easier. It is not a government-funded organization, but a private nonprofit that relies on individual and corporate donations to sustain its mission of supporting military families.

In 2016, the ASYMCA of Honolulu enhanced the lives of 49,421 service members and families on Oahu, according to its 2016 annual report. Over the years, it has con-

See ASYMCA B-3

ASYMCA seeks food donations

WHEELER ARMY AIRFIELD — The Armed Services YMCA, here, is seeking community donations of canned goods for its Food for Families program.

The ASYMCA supports the Food for Families program through food pantries at its Pearl Harbor-Hickam, Marine Corps Base Hawaii and Wheeler locations.

Over 20 families a month rely on the food pantry at the Wheeler branch, said Therese Szatkowski, the branch's director.

The Wheeler food pantry, located on site, provides emergency food and groceries for Soldiers and family members in need – at no cost and with no questions asked.

The staples in the pantry are especially helpful to young Soldiers with young children to support, Szatkowski added.

She said that she currently has enough canned vegetables to meet the demand of her clients and is asking for donations of the following non-perishable items:

- Rice,
- Pasta,
- Crackers,
- Cereal,
- Powdered milk,
- Mac'n' cheese,
- Juice boxes and
- Baby food.

By donating, you are helping the ASYMCA fulfill its mission of serving the families of those who serve the nation.

Programs and Services

The ASYMCA provides the following to help Hawaii's military families.

For more information, contact the Wheeler branch of the ASYMCA at 624-5645.

Children's Waiting Room

Parents in need of a safe and professional environment for their children while they attend medical appointments can turn to this service, available at Tripler Army Medical Center and the U.S. Army Health Center-Schofield Barracks. Reservations strongly recommended. Call 433-3270 (TAMC) and 433-8410 (USAHC-SB).

Early Learning Readiness

A precursor to preschool, this program offers two-hour structured learning for babies to 5-year-old children and their caregivers.

Father/Daughter Dance

This social event strengthens the bond between fathers and their daughters by providing an elegant evening of dinner and dancing. This year's event is scheduled for October.

Food for Families

The ASYMCA of Honolulu provides free emergency food and groceries via the

food pantries at its three branches.

Operation Holiday Joy

This program provides commissary gift cards and food items to help military families have Thanksgiving and Christmas meals.

Home School Program

This educational service supplements the education of home-schooled children. Each child is guided, supported and encouraged to work at their own pace.

Operation Hero

First-to-sixth graders experiencing challenges at school get one-on-one after school tutoring and mentoring that promote social responsibility through team-building activities.

Operation Kid Comfort

ASYMCA of Honolulu volunteers make custom-made quilts and pillows for children whose military parents are deployed. The quilts and pillows are designed with photos of the children's deployed parents.

Parent Participating Preschool

This program allows parents to work alongside their child's preschool teacher to help their child transition into a struc-



Courtesy photo
Shown here is an exterior shot of the ASYMCA's Wheeler branch.

tured learning environment with their peers.

Playmorning Program

This program is for infants to 5 year olds and promotes social skills, literacy, creativity and motor skills.

Educational and Summer Camps

These are hosted several times a year. Contact the ASYMCA for more information.

Special Events

Additionally, the ASYMCA also hosts mother/son events, Healthy Kids Day activities, Military Child Day celebrations, Easter events, Kids in the Kitchen classes, Cookies with Santa, Mother's Day teas and other activities throughout the year.



Courtesy photo
The Wheeler branch of the Armed Services YMCA is seeking donations of rice, pasta, cereal, crackers, powdered milk and boxed juices for its food pantry. The YMCA estimates that over 20 military families a month rely on the food pantry.



Briefs

9 / Friday

Fourth of July Presale Tickets — Get 20 tickets for \$15, June 1-30, at SB Outdoor Recreation Center, the Leisure Travel Service office or any Army Bowling Center. This is a \$20 value. Call 655-0113.

Fourth of July Picnic and Tailgate Spots — Reserve a 20'x25' picnic space for \$95 or two 20'x15' parking stalls for \$57 at the annual Fourth of July Spectacular held on SB Weyand Field. Spaces are reserved on a first-come, first-served basis. To reserve a spot, visit the SB Special Events Office located within the Art & Crafts Center (Bldg. 572) or call 655-0113.

Mini Football Registration — Parent participation program is designed for youth born 2012-2013. Fee of \$25 includes a T-shirt and ball. Call 655-6465 or 836-1923.

Public School Registration — Please register your child for school. Accepted throughout the year. Call Army School Liaison Office at 655-8326.

Nagorski Pro Shop Father's Day Special — FS Nagorski Pro Shop is celebrating Father's Day with special pricing on select men's golf gear. Enjoy 30 percent off men's apparel, 20 percent off men's hats and 20 percent off all men's clubs to include special orders (custom fitting available). Call 438-9587.

Parenting 101 — Take your parenting to the next level. Discover current "best practices" and learn tips and tools to assist you in reaching your parenting goals at the SB ACS from 12-1 p.m. Call 655-4227 to register.

Resume Workshop — Learn how to create a resume for the first time or update your resume for the private sector from 10 a.m.-2 p.m. at SB ACS. Choose the best format to demonstrate your experience and skills. Target your resume to the job you are seeking and effectively summarize your accomplishments. To register, call 655-4227.

Coffee Talk — Hang out with EFMP at the Green World Coffee Farm from 10-11 a.m. and meet other families enrolled in the program. Call 655-4227.

Paint and Sip — Paint a picture on canvas at SB Tropics from 7-9 p.m. while sipping your beverage of choice for \$35. Class includes all painting supplies and

ARMY BIRTHDAY PARTY

242 YEARS



STRONG

FREE ENTERTAINMENT

ONE-TEAM

LUAU

Celebration

JUNE 16 2017

Weyand Field, Schofield Barracks
1700-2100
1800: Award Presentation
US Army Pacific's Best Warriors & Mana O Ke Koa Recipient
1830: Polynesian Cultural Show
Bring lawn chairs/blankets and let's celebrate!
Open to Department of Defense ID Cardholders and their guests. Family Fun event!
Local Performers
Bouncers
Pony Rides
Cultural Activities
Traditional Hawaiian Food, Carnival Eats and Adult Beverages
Available for Purchase
ATM On Site
HiMWR.com



Family and Morale, Welfare and Recreation courtesy artwork
SCHOFIELD BARRACKS — The One-Team Luau Celebration celebrates the Army's birthday on Friday, June 16, with family fun at Weyand Field starting at 5 p.m. Activities include a free Polynesian cultural show and activities, local performers, pony rides, bouncers and a keiki obstacle course and food options. Visit HiMWR.com.

instruction. Preregistration is required. Call 655-5698.

Family Child Care — Attend the new applicant briefing at the SB FCC office at 9 a.m. Call 655-0747.

Fish Fry Day — Shrimp, two kinds of fish, calamari hush puppies and crab at the FS Hale Ikena from 11 a.m.-2 p.m.

10 / Saturday

Adventure Mountain Bike Level 1 — Join SB Outdoor Recreation at 8:30 a.m. for \$30 per person for Beginner Mountain Biking to Kaena Point. Transportation, instruction and equipment provided. Call 655-9047.

12 / Monday

Stress Solutions — Sessions, noon-1

p.m., identify the causes of stress as well as how it affects our lives. Share techniques such as positive self-talk and how to not take things personally. Experience a variety of relaxation techniques. Call SB ACS at 655-4227.

Million Dollar Soldier Refresher — This training provides Soldiers with valuable financial tools at SB ACS from 8:30-11:30 a.m. and 1-4 p.m. Topics include saving, credit, investing and big purchases. Call 655-4227 to register.

13 / Tuesday

Preschool Storytime Featuring Mermaid Kariel — Held at FS Library at 3:30 p.m. Call 438-9521.

FS Magic Science — Watch science experiments that demonstrate the prin-

ciples of air and pressure and the science of sound at FS Library starting at 3:30 p.m. for children 6 and up. Call 438-9521.

10 Steps to a Federal Job — Held at SB ACS from 1-4 p.m. Walk through the steps to create an effective targeted federal resume and successfully manage the application process. To sign up, call 655-4227.

14 / Wednesday

Preschool Storytime Featuring Mermaid Kariel — Held at SB Library at 3:30 p.m. Call 438-9521.

SB Magic Science — Watch science experiments that demonstrate the principles of air and pressure and the science of sound at SB Library starting at 3:30 p.m. for children 6 and up. Call 438-9521.

Play Mornings at ACS — Meet other moms and dads, share information and parenting tips, and give your infant/toddler a chance to interact with other children at SB ACS from 10-11 a.m. Call 655-4227.

15 / Thursday

Your Credit Report and Score — Held at SB ACS from 10-11:30 a.m. Learn how to increase your credit score and understand what lenders look for. Bring a required copy of your credit report. Call 655-4227.

Scream Free Parenting — Four-week program held at SB ACS from noon-1:30 p.m. Training designed for parents of children ages 5-15 to take a look at their parenting practices and identify ways to strengthen their parenting skills and create healthy relationships. Call 655-4227.

17 / Saturday

Boot Camp Training for New Parents Daddy Boot Camp — Class for first-time/expecting parents at SB ACS from 9 a.m.-12:30. Parents can ask questions and learn practical skills for taking care of the new baby. Call 655-4227.

Intro to Surfing — Join SB Outdoor Recreation for \$59 per person from 8:30 a.m.-12:30 p.m. for introduction to surfing. Transportation, equipment and instruction are provided. All you need to bring is water, snacks and sunscreen. Must be a proficient swimmer and able to tread water for at least 6 minutes and swim 200 yards. Call 655-0143.

Swimming Lessons — Registration held at SB Richardson Pool, June 17-18, from 9 a.m.-5 p.m. Classes run weekdays, June 19-30 (no classes on Tuesday); class times range from 3-5 p.m. for \$60 for 30-minute lessons for Parent & Tot, Level 1 and Level 2; \$70 for 45-minute lesson for Level 3 and Level 4. Call 655-9698.

Family Nite — Held at SB Arts & Crafts from 4:30-6:30 p.m. for \$15. June art project is Father's Day no-sew pillows. All

See EVENTS B-6

community Calendar

Send announcements a week prior to publication to community@hawaiiarmyweekly.com.

9 / Friday

King Kamehameha Day — Statue Lei draping ceremony at Ali'iolani Hale, 3 p.m., features pageantry and cultural protocols.

50th State Fair — Rides, games, food and entertainment at Aloha Stadium, Fridays-Sundays, through June 25. Visit ekfernandez.com.

3rd Annual Hi Fit Expo — Hawaii's premier fitness, health lifestyle event runs through Sunday at the NBC Exhibition Hall. Top fitness, diet, nutrition, strength and wellness products and services offered in addition to fitness classes, demonstrations and celebrity appearances. Visit hifitexpo.com/.

10 / Saturday

SB Kolekole Walking-Hiking Trail — The trail is closed for hiking on Saturday, due to live-fire training. It is open on Sunday from 5:30 a.m.

to 6:30 p.m.

King Kamehameha Celebration Floral Parade — The 101st annual parade begins at Iolani Palace at 9 a.m. and ends at Kapiolani Park, followed by a Ho'olaule'a (festival/party) from 11 a.m.-4 p.m. throughout the park.

14 / Wednesday B'day — Happy birthday Soldiers!

15 / Thursday Screen on the Green — Waimea Valley hosts open-air movie nights with new and classic films every Thursday evening through July 27, 7-8 p.m., after the Farmers Market on the Main Lawn. Visit www.waimeavalley.net for more information.

Brian Wilson Presents Pet Sounds — Legendary pop composer/artist continues his world tour celebrating the iconic album's 50th anniversary with an 8 p.m. performance at the Blaisdell Concert Hall, with Al Jardine and Blondie Chaplin. Tickets will be available at Ticketmaster.com, in person at Blaisdell Center Box Office or by phone at 800-745-3000.

16 / Friday

U.S. Army Birthday — The Army's birthday was June 14, and the U.S. Army in Hawaii will celebrate the Army's 242nd birthday on June 16 from 5-9 p.m. with a luau on Weyand Field, Schofield Barracks.

The entertainment is free, and participants can enjoy both traditional luau and carnival food, as well as beverages for purchase.

The Polynesian Cultural Center will present a great show at 6:30 p.m. followed by singers Malia Gibson and Ben Vegas.

Hawaii Army Museum Golf — The annual Gen. Herbert E. Wolff Memorial Golf Tournament registration continues for the June 16 fundraiser at Leilehua Golf Course. Sponsored by the Hawaii Army Museum Society, the fee is \$150.

For more information, visit Hiarmymuseumsoc.org or call 941-3900.

Honolulu BBQ & Blues Festival — The Hilton Hawaiian Village hosts the spread of true southern barbecue dishes and creates one incredible evening for this second annual event, 5-9:30 p.m., on the Great Lawn. General admission (military with valid ID) is \$25.

For more details and to purchase tickets, visit www.hiltonhawaiianvillage.com/bbq.

23 / Friday

Manhattan Transfer — Multi-Grammy winning jazz-fusion quartet comes to the Blue Note Hawaii Jazz Club, Outrigger Waikiki Beach Resort, for performances June 23-25 and June 29-July 2. Visit www.bluenotehawaii.com.

Ongoing

Coming - "The Little Mermaid" — The Disney stage musical is coming to Diamond Head Theatre, July 14-Aug. 6. Tickets are \$15-50 at 733-0274. Visit diamondheadtheatre.com.

Coming - "Sesame Street Live, Elmo Makes Music" — Tickets for all 16 performances, July 7-9 and July 13-16, at the Blaisdell Concert Hall are on sale now. Tickets range from \$12-\$75. Group discounts include \$5 military discount. Call Blaisdell Box Office info line at (808) 768-5252.

Coming - "Duran Duran" — Tickets for the iconic band, whose hits include "Hungry Like a Wolf" and "Rio," are

See COMMUNITY B-6

This Week at the MOVIES Sgt. Smith Theater



Unforgettable (R)

Friday, June 9, 7 p.m.

King Arthur: Legend of the Sword (PG-13)

Saturday, June 10, 4 p.m.



Snatched (R)

Saturday, June 10, 7 p.m.

Guardians of the Galaxy, Vol. 2 (PG-13)

Sunday, June 11, 4 p.m.

Closed Monday through Thursday.

Calendar abbreviations
8th TSC: 8th Theater Sustainment Command
25th ID: 25th Infantry Division
ACS: Army Community Service
AFAP: Army Family Action Plan
AFTB: Army Family Team Building
AMR: Aliamanu Military Reservation

ASYMCA: Armed Services YMCA
BCT: Brigade Combat Team
CDC: Child Development Center
CYSS: Child, Youth and School Services
EFMP: Exceptional Family Member Program
FCC: Family Child Care
FMWR: Family and Morale, Welfare

and Recreation
FRG: Family Readiness Group
FS: Fort Shafter
HMR: Helemano Military Reservation
IPC: Island Palm Communities
PFC: Physical Fitness Center
SAC: School Age Center
SB: Schofield Barracks

SKIES: Schools of Knowledge, Inspiration, Exploration and Skills
TAMC: Tripler Army Medical Center
USAG-HI: U.S. Army Garrison-Hawaii
USARPAC: U.S. Army-Pacific
WAAF: Wheeler Army Airfield

Girl Scouts honor fallen K-9 MP ‘Enforcers’

Story and photo by
STAFF SGT. TARESHA HILL
8th Theater Sustainment Command
Public Affairs

SCHOFIELD BARRACKS — Girl Scout Troop 066 honored the fallen military working dogs (MWD) of the 520th MWD Detachment, “Enforcers,” 728th Military Police Battalion, 8th Military Police Brigade, 8th Theater Sustainment Command, May 24, at the kennels, here.

Trooper, Lady, Killer, Breston, Victor and Woodie. Row after row, these are just some of the names you will find engraved on the white marbled headstones at the MWD memorial behind the kennels.

The memorial, only a few years old, is a tribute to the unit’s four-legged Soldiers who risked their lives while serving alongside their MP partners and who paid the ultimate sacrifice.

“The dogs are technically considered Army equipment, but they build a bond with their handlers and they make sacrifices. It’s good to recognize that friendship and that bond the handlers and dogs make together,” said Capt. Jed Warnock, commander, 520th MWD Det.

Warnock said he was more than happy to support the troop and their request to recognize the MWDs in honor of Memorial



A Girl Scout from Troop 066 places a flag at the base of one of the 37 K-9 headstone markers, May 24, at the Military Working Dog Memorial, here, in honor of Memorial Day. The memorial is a tribute to the fallen K-9s of the 520th MWD Det., 728th MP Bn., 8th MP Bde., 8th TSC, who paid the ultimate sacrifice while serving their country.

Day this year.

“It’s another opportunity to build community relations and to help the girls understand and trust the police, in case they ever need them,” he added.

In addition to building community

relations and honoring the fallen MWDs for Memorial Day, the community service project was also a personal project for Troop Leader Cheyenne Allan.

Allan said her family has a history of working with MWDs and that her own

great grandfather used to train German Shepherds for the military.

“He would train them (K-9s) to run messages through the trenches,” said Allan, “so this is something that I’ve wanted to do since I found out about the memorial.”

She added, “We are all military and it’s nice to honor them just like we honor the fallen at the Post Cemetery.”

After placing flags and lei at the headstones of each of the fallen K-9s, the troop was then allowed to meet one of the unit’s specialized search dogs.

SSD Bell was thrilled to meet the troop as she greeted each Girl Scout with a wagging tail and kisses.

“We really appreciate you coming out,” said Kennel Master Sgt. 1st Class Christina Billingsley, as she thanked the Girl Scouts. “It really means a lot to us that you would think of us and would do this for our dogs.”

Warnock also thanked the troop for their thoughtfulness and added, “I hope we have recruited some new K-9 handlers in about 10 or 12 years and hope that you have a new trust for our police out there working the streets and know that you can come to them if you ever need anything.”

Summer moving season means ‘Heartbreak Fridge’

The summer military moving season is upon us, which means it’s probably time to say goodbye to some very good friends.

There will be farewell fire pits, hugs on the driveway and even a few tears.

But moving requires cleaning out the pantry and refrigerator, so this otherwise sad occasion may also come with parting gifts.

Admit it, you have a bottle of mustard, a can of cooking spray, a block of creamed cheese or some other food item in your kitchen that you did not purchase. We know you didn’t pay for that jar of Spanish olives, did you?

Military culture

I’m not accusing anyone of being a thief. To the contrary, I’m merely pointing out a unique aspect of military spouse culture: It’s all about giving.

You make friends at each duty station, and even if friendships are brief, each friend bequeaths to you fond memories of afternoons chatting on the patio during deployments, of the time she took care of your dog when you visited your parents, of the night you brought her wine and Dove Bars because she was crying over her husband’s new orders.

But her final gift to you is something that, even though it will last for many months to come, seems so thoughtless, perfunctory and random: that bottle of cocktail sauce that was on the door of her



refrigerator.

What gives?

Receiving a bag of turkey meatballs may seem like an insult, but this simple gesture between spouses is actually quite poignant.

You certainly don’t need her half-used tub of margarine, but it’s a lasting symbol of her appreciation for your support and friendship. She gave these things to you because that’s what we do – we share travel tips and power tools, hairdressers and babysitters, laughter and tears, the challenges and rewards of military life.

And, we share leftover Shake’N Bake.

Your military spouse friend didn’t mean to offend you with that jar of capers. In fact, she tried very hard to salvage the food in her kitchen by concocting strange casseroles and feeding them to her family. She layered them with melted cheese and cracker crumbs to disguise the can of French-style green beans, that pack of hot dogs with freezer burn and that bag of stiffened mini-marshmallows.

But her family eventually got fed up with her magical mystery meals, and that’s when she thought of you.

Funnily enough, I can’t remember the



Photo courtesy of Lisa Smith Molinari

countless duds and delights I have given to neighbors and friends before our last 11 military moves. The stress of each move has a way of blurring those details. In my haste, if I gave away old bottles of Worcestershire or moldy blocks of cheese, my sincerest apologies.

Ironically, I have an uncanny memory of the many kitchen items given to me in my 23 years as a military spouse. I never did manage to find a use for them, but I was nonetheless grateful for the cocktail

onions my friend Natalie gave me. I was touched by the frozen chicken tenders from Eileen, the maple syrup from Michelle, the grapeseed oil from Bud and the homemade spaghetti sauce from Mercedes.

Useful or not, I recognized each item given and received for what it was: a tiny memento of our friendship.

So, when you see that bottle of Catalina dressing on your refrigerator door that no one in your family likes, don’t be annoyed. Instead, remember that in our military community, when you give understanding, camaraderie and support, that is exactly what you will get back.

Well, that, and a jar of horseradish.

Sure, watching your friend’s toddler while she goes to her prenatal appointments can be a pain. Yes, the monthly potlucks can sometimes be a bore. No doubt, getting a phone call from a worried squadron wife right in the middle of the “Bachelorette” can be really annoying.

But think of it like this: She may have given you a lousy bottle of ketchup that only cost about a buck-seventy-five, but the unspoken understanding and support your fellow military spouse offered when you were in need was nothing short of priceless.

(Molinari shares more insights of military family life at www.themeatandpotatoesoflife.com.)

ASYMCA: Help for families

CONTINUED FROM B-1

tinued to expand its program offerings, including introducing low-cost summer camps and robotics camps.

Its 1,230 volunteers provided 4,358 hours of service in 2016, which translates to roughly \$102,674.48, according to the annual report.

In addition to its regular and summer preschool programs, it provides a Children’s Waiting Room at Tripler Army Medical Center and the U.S. Army Health Clinic at Schofield Barracks. Parents can drop their children off while they attend a medical appointment.

New family support

Therese Szatkowski, director of the Wheeler Branch of the ASYMCA, said this service is especially helpful for those who are new to the island and far away from their family support systems. She was one of those people when she first moved to the island with her husband

and young son only to find that she was pregnant with their second child. She found herself wondering who could watch her son while she attended her doctor appointments.

“With (the Children’s Waiting Room) you don’t have to worry about who’s watching your child because they’re all professionals; they’ve all been through background checks,” she said.

She said the best part of working for the ASYMCA is knowing that she is giving back to the Army community.

“I’m an Army spouse myself and I understand the struggle they face,” she said. “I feel like our programs give parents a place to build relationships and establish friendships that continue outside of the YMCA. It’s a place to connect and build community.

“Being able to give back and support other military spouses is the most meaningful part of the job to me,” she added. “It’s great to be able to help out that parent who can’t afford a full day of preschool, or the single Soldier who has two kids and needs support with her children.”

The ASYMCA’s Parent Participation Preschool program allows parents and caregivers to work alongside teachers to help children more smoothly transition to a structured learning environment.



Courtesy photo

Photo by Karen A. Iwamoto, Oahu Publications





ASYMCA Locations

The ASYMCA has three branches on Oahu:

Wheeler Army Airfield
1262 Santos Dumont, Bldg. 122
624-5645
Hours: 7:30 a.m.-3:30 p.m.

Joint Base Pearl Harbor-Hickam
1260 Pierce St., #145
Navy College Bldg.
473-3398
Hours: 7:30 a.m.-3:30 p.m.

Marine Corps Base Hawaii
Bldg. 455, Kaneohe Bay
254-4719
Hours: 7:30 a.m.-3:30 p.m.

The sleep monster is real; cause is cellphones

1ST LT. JASON KILGORE
U.S. Army Health Clinic-Schofield Barracks

SCHOFIELD BARRACKS — Sleep is a vital part of one’s health; however, something that is used in everyday life is stealing minutes – even hours of sleep – without the user’s knowledge.

Mobile smart phones are commonly the last thing that most people use right before going to sleep.

There are simple nuances that app designers use to intentionally keep people awake.

“The average adult should be getting seven to nine hours of sleep a night,” said Dr. Darryl Salvador, Integrated Behavioral Health consultant and staff psychologist, who works in the Patient Centered Medical Home/Family Medicine Clinic. “If someone was to get less than five hours of sleep for five days or more, they will have a blood alcohol content level (BAC) of 0.08 percent, which is the same as being legally drunk.”


Also, if someone gets less than four hours of sleep, it increases to 0.10 percent, which creates a concern for safety.

With the month of June, designated as National Safety Month, individuals have the opportunity to recommit themselves to becoming more cognizant of their own safety and the safety of those around them.

Here are facts according to the AAA Foundation for Traffic Safety’s Report on crash risk and lack of sleep from December 2016:

- About 37 percent of drivers report having fallen asleep behind the wheel at some point in their lives.
- About 11 percent report having fallen asleep behind the wheel in the past year.

Drowsiness was involved in one in five fatal crashes.



- Drowsy drivers are involved in an estimated 21 percent of fatal crashes, up from 16.5 percent in 2010.
- After getting only 5-6 hours of sleep, crash risk increased by 1.9 times compared to getting normal sleep of 7-9 hours.

In light of these statistics, the importance of sleep can’t be overstated.

During sleep, both the body and brain are undergoing repair, establishing new connections between synapses and removing plaque buildup, which has been implicated in the development of dementia and memory loss difficulties. It is also storing all the events and information into memory. The less sleep one gets, the less the brain is capable of repairing itself completely.

A major commonality that has been observed in those who complain about poor sleep is that they use their phone before bed.

“We are unknowingly allowing phones to affect our sleep. Along with stimulation from games or Facebook posts, our phones produce a wavelength that has the ability to keep us awake,” said Salvador. “Some app designers use this to their advantage.”

According to Salvador, there is a reason why some of the most popular social media sites use generous amounts of blue in their apps and logos.

“Blue light is stimulating to the eyes, and when combined with the stimulation from what one is reading or playing, it makes it very hard to fall asleep,” stated Salvador.

Scientific dates also show that the blue light from smartphones inhibits the



Courtesy photo

Sleep should be restful and relaxing for all personnel.

release of melatonin, disrupting normal cycles. For example, throughout the day, a person’s melatonin levels naturally increase, which causes individuals to become tired by nightfall. As sleep ensues, melatonin levels eventually decrease. By using a phone before bed, the blue light emitted tricks the brain into thinking that it’s still daylight and time to be awake.

Here are a few things that can help create a good sleeping pattern:

- Create a consistent sleep schedule. Go to sleep at the same time every night and wake up at the same time every morning.
- Don’t consume any caffeinated products six hours before bed.
- Make sure that the room is quiet, dark and cool.
- Stay away from, or turn off all elec-

What is your perspective on God?

CHAPLAIN (MAJ.) BRANDON MOORE
2nd Infantry Brigade Combat Team
25th Infantry Division

SCHOFIELD BARRACKS — As you read this article, what is going on? How are you doing and feeling?

I know you are busy. It seems like everybody is.

Whether it is work, taskings, family activities or living on a vacation island, there is always something to do or someplace to go. But as you go, are you present in the moment? Are you engaging with others? How about with God?

How would you read the line below?
G-O-D-I-S-N-O-W-H-E-R-E.

Today, I would like you to think about perspective. There are two ways to read that sentence, aren’t there? The first is “God is nowhere.” With this perspective, the idea is you are on your own. Try your best because that is all you can do.

The other way to read this sentence is “God is now here.” With a change in perspective, we can see God, and his work, in our lives.

CSF perspective

Comprehensive Soldier Fitness would tell us to “hunt the good stuff,” because perspective is key. We must look at the good in and around us.

I would take it a step further and say hunt the God-stuff. The Bible is a story of God interacting with humanity. There are ups and downs and twists and turns; yet, God is always active.

Depending on your faith tradition, you probably have certain passages to which you look for encouragement. I would like to briefly explore a few of my favorites.

In Genesis 28:10-22, Jacob is running from his family and from God. He lays down to sleep only to discover that God is with him in a dream. It changes his life and he changes the name of the place from Luz to Bethel, meaning “The House of God.”

In Daniel 3, there is a story of three men in a fiery furnace. They said that they would not bow down to the king and that their God could rescue them. But even if he didn’t, they would still trust God even though their decision



Moore

would mean certain death. God showed up and suddenly there was a fourth person in the furnace! God didn’t just rescue them, he met them in the furnace.

Two of my favorite Psalms have a similar theme.

Psalms 23 is probably the most famous of all Psalms: “Even though I walk through the valley of the shadow of death I fear no evil.” Why? Because God is with me.

Psalms 139 talks all about the God who created us, knows us and will lead us.

There are many other passages where God tells people not to be afraid because he is with them. This theme is seen even clearer in the New Testament.

Foundational to the Christian faith is the Incarnation, the idea that God became a man. At Christmastime, you probably have heard Matthew 1:23, quoting Isaiah 7, “They will call him Immanuel,” which means, ‘God with us.’”

Throughout the Gospel, we are shown what that looks like, and it ends



Footsteps in Faith

with the same promise. In Matthew 28:20, it says, “I am with you always, to the very end of the age.”

As you move through the busyness of this week, look for God at work in your life. Never forget you are not alone. If you think you are, stop and adjust your perspective.



Courtesy photo

tronics, at least 30 minutes before bed.

- Establish a wind down routine to calm your mind and transition to sleep.
- Use the bed only for intimacy and sleeping.
- Disable all notifications until it’s time to wake up.
- Place the phone on the opposite side of the room.

Patients are also encouraged to speak with their medical provider, who can assess health factors further and assist in ordering a consult for a sleep study as needed.

There are multiple ways to get assistance in getting better sleep. There is an app called “CBT-I coach.” This app assists with tracking sleep and providing suggestions to increase the quality and duration of sleep.


The Army Wellness Center provides a “Healthy Sleep Class” to assist those who need help in increasing the quality of their sleep every other Monday starting at 12:30 p.m. in Bldg. 647. (The next class is Monday, June 12.)

Last, but not least, a medical provider or the Internal Behavioral Health consultant, who specializes in strategies and techniques to improve the duration and quality of sleep, can always assist with making cognitive/behavioral/ environmental changes, or if needed, in ordering a consult for a sleep study to be done.

IBHCs are located in the Patient-Centered Medical Home and Soldier-Centered Medical Home.

There are plenty of factors that can affect performance and health. Don’t let sleep be one of them.

(Editor’s note: Dr. Darryl Salvador contributed to this article.)



Worship Services

Additional religious services, children’s programs, educational services and contact information can be found at <https://www.garrison.hawaii.army.mil/rso/USARHAW%20Chapel%20Services.pdf>.

AMR: Aliamanu Military Reservation Chapel

FD: Fort DeRussy Chapel

HMR: Helemano Chapel

MPC: Main Post Chapel, Schofield Barracks

PH: Aloha Jewish Chapel, Pearl Harbor

SC: Soldiers’ Chapel, SB

TAMC: Tripler Army Medical Center Chapel

WAAF: Wheeler Army Airfield Chapel

Buddhist Services

- First Sunday, 1 p.m. at FD
- Last Wednesday, 6 p.m. at MPC

Catholic Mass

- Monday-Wednesday, 11:45 a.m. at Soldiers’ Chapel
- Thursday, 11:45 a.m. at AMR
- Wednesday, 5 p.m. at MPC
- Saturday, 5 p.m. at TAMC
- Sunday services:
 - 8:30 a.m. at AMR
 - 10:30 a.m. at MPC
 - 11 a.m. at TAMC

Gospel Worship

- Sunday, noon at MPC
- Sunday, 12:30 p.m. at AMR

Islamic

- Friday, 12:30 p.m. at AMR (Call 477-7647)

Jewish Shabbat (Sabbath)

- Friday, 7:30 p.m. at PH (Call 473-3971)

Protestant Worship

- Sunday Services
 - 9 a.m. at MPC (Contemporary)
 - 9 a.m. at FD
 - 9 a.m. at TAMC
 - 10 a.m. at HMR (Contemporary)
 - 10:30 a.m. at AMR (Contemporary)
 - 11 a.m. at WAAF (Contemporary)

Exchange celebrates Army birthday with one-day savings

CONNER HAMMETT
Army & Air Force Exchange Service

DALLAS — The U.S. Army marks its 242nd birthday this year, and the Army & Air Force Exchange Service is helping military shoppers worldwide celebrate with special one-day offers on fuel, food, concessions and military gifts and collectables.

On June 14, service members and their families can take advantage of four

celebratory deals:

- Take 10 cents off each gallon of gas at any Express fueling station when using a MILITARY STAR card.
- Save \$10 on any concession purchase of \$25 or more when using a MILITARY



STAR card. A printable coupon will be available at shopmyexchange.com on June 13.

- Take 15 percent off any food court purchase when using a MILITARY STAR card.
- Save 20 percent on military gifts and collectables in stores and at shopmyexchange.com. This offer excludes uniforms, bugout bags and Alex and Ani jewelry.

“For 242 years, Soldiers have gone to some of the most dangerous places in the world to protect and preserve our great country, and the Exchange has gone where they’ve gone for nearly 122 of those years,” said Army Col. Juan Saldivar, command engineer for the Exchange. “We offer this special one-day discount as a ‘thank you’ to all of those who have answered the call of duty and stood Army Strong.”

Men’s Health Month reminder: Schedule an annual check-up

WILLIAM SALLETT
Tripler Army Medical Center

HONOLULU — June is Men’s Health Month. It is a time to heighten the awareness of preventable health problems and encourage the early detection and treatment of diseases among men and boys.

This month gives health care providers, public policy makers, the media and individuals an opportunity to encourage men and boys to seek regular medical advice and early treatment for disease and injury.

Increase diligence

When it comes to wellness screenings, men have a poor track record compared with women. In fact, the Centers for Disease Control reports that men are approximately 80 percent less likely than women to see a doctor for regular checkups.

“Eating well and exercising may not always be enough,” said Dr. Matthew Pflipsen, associate program director of the Tripler Family Medicine clinic. “There are many diseases and health problems that by the time they show major symptoms it may be too late to have a significant course of care or fixing.”

Statistics show that many men still do not receive important preventive screenings and care. Men are less likely to have an ongoing relationship with a physician and tend to visit the doctor’s office only after something goes wrong.

“Whether it’s dental, eye or any other health condition, it’s important that men take an active role in their health,” said Pflipsen. “An annual physical exam becomes very important once you reach 40. This is



Courtesy photo



Courtesy photo

when vascular disease becomes more common, leading to heart disease, stroke and circulatory problems.”

Men’s International Health Week is June 12-18, and men are encouraged to participate in Wear Blue Day, which is June 16, the Friday before Father’s Day, to inspire men to take control of their health by scheduling a yearly check-up with their health care provider.

Regular check-ups can mitigate many potential health problems at an early stage when treatment is most effective.

“An annual check-up is the most proactive thing you could do for yourself, and your family,” said Pflipsen. “It’s not just about you as an individual. Many men have someone depending on them. This means that when they ignore their health and don’t get a regular check-up, they are basically ignoring their responsibility to the people that depend on them.”

TAMC Contact
For more information on Men’s Health Month or to get more information on scheduling a check-up, contact your primary care provider at 433-2778.

Lead and other household poisons pose preventable home dangers

TRICARE
News Release

The word poison suggests a bubbling vial marked with a skull and crossbones. However, poisonings can result from misuse of common household products or even from our home by exposure to lead.

Lead can be found in the environment, such as in the soil and water and from sources inside our homes. Even small amounts of lead can be dangerous for children. Poisoning with lead and with household products can happen all at once or gradually over time.

TRICARE covers children’s blood lead testing at well-child care visits when medically necessary. To be medically necessary means it is appropriate, reasonable and adequate for your condition. Learn how to protect your family against accidental poisoning.

Lead poisoning

Blood lead poisoning occurs when a person or child eats, drinks or inhales lead or a lead-contaminated item. Lead is commonly found in homes built in 1978 or earlier in the form of paint, pipes or plumbing fixtures. The Environmental Protection Agency estimates that over 24 million homes in the U.S. contain lead-based paint or lead-contaminated dust.

As reported nationally about water contamination in Flint, Michigan, lead poisoning is a serious health threat to children. Lead exposure can damage the developing brain and nervous system, slow growth and development, lead to learning and behavioral problems and cause hearing and speech problems.



Courtesy photo

Symptoms of lead poisoning don’t appear until after dangerous amounts of lead have built up in the person.

The EPA notes that there are steps you can take to protect your family from lead exposure. Those steps include understanding your home’s lead risks, maintaining your home’s condition and testing your home’s drinking water.

At well-child care visits, TRICARE covers lead level screening for children from age 6 months to 6 years who are at high risk. A child’s risk level is based on results of the Centers for Disease Control and Prevention’s lead poisoning form used during well-child visits. If you are concerned about lead exposure and your child, talk to your child’s primary care provider.

Preventable household poisoning

In 2015, America’s 55 poison centers received 2.2 million calls for help. Nearly 50 percent of all poison

exposures involve children younger than 6 years old. That means half of all poisonings are due to young children eating or inhaling a product, such as medicine or household cleaning products. These poisonings are largely preventable. Knowing which products are dangerous can prevent child poisoning.

First, find the common household poisons you keep in your home. These include the following:

- Laundry and cleaning supplies, especially in brightly-colored packets.
- Medicines and vitamins.
- Pesticides.
- Hand sanitizers.
- Small button batteries.

Next, create safe storage habits. Keep items in their original, labeled containers and out of sight, out of reach or locked up.

“Families should also be aware of dangerous substances and medications in homes where children are cared for, (too), such as (at a) grandparents’ or a babysitter’s house,” said Terry Adirim, M.D., a pediatric emergency physician who is the deputy assistant secretary of defense in Health Affairs.

Hotline
Arm yourself against poisoning by learning more about toxic household products.
Be sure to keep the national phone number for Poison Help, 1-800-222-1222, posted in your home and on your cellphone.
It is available 24 hours a day, seven days a week.

**CONTINUED FROM B-2**

supplies included. Call 655-4202.

18 / Sunday Father’s Day Sunday Brunch

— Held at FS Hale Ikena from 10 a.m.-1 p.m. for \$24.95. Menu includes a roasted prime rib carving station, made-to-order omelets, desserts and much more. Call 438-1974.

Father’s Day BBQ Lunch Buffet — Enjoy a Father’s Day menu at SB Nehelani from 10 a.m.-2 p.m. and enjoy cookout favorites for \$29.95 adults, \$15.95 kids ages 6-11, \$10.95 for ages 3-5. Menu includes saucy baby back ribs, Pulehu barbecue

chicken quarters, slow-cooked pulled pork, barbecue brisket and tropical pineapple coleslaw. Call 655-4466.


19 / Monday AFTB Instructor Trainers Course — Three-day training held at SB Education Center (Bldg. 560) from 9 a.m.-1 p.m. Course prepares volunteers to present specialized training that empowers individuals to maximize their personal growth, leadership development and resiliency. Call 655-4227.


Employment Orientation — New to the island and looking for employment? This class at the SB ACS from 10-11:30 a.m. will orient you to employment opportunities on Oahu. Learn about Spousal Preference and

the Priority Placement Program for Spouses seeking federal employment. Also offered is information on civilian sector opportunities, contractors, resume writing classes, career fairs and opportunities to further your career and education. Call 655-4227.

20 / Tuesday Hiring Fair — Held at Aliamanu Military Reservation Recreation Complex from 9 a.m.-3 p.m. for applicants interested in applying for child and youth programs only. Open vacancies and additional details can be found at himwr.com. Call 656-3319.

Toon Time Matinee — Join SB ACS from 10 a.m.-noon for a free movie. Event is for caregivers and their children 0-3. Call 655-4227.

**Make Your Home Safer**




Housing conditions can significantly affect your health and safety.

Take a few minutes to make your home healthy and safe.

Follow these guidelines:

- Remove hazards that increase the chance for falling, such as rugs, loose cords and objects on the floor.
- Check or change the batteries on your carbon monoxide alarm at least twice a year.
- Test smoke alarms monthly to ensure they work properly, at least once a year.
- Keep cooking areas free of flammable objects, such as potholders and towels.
- Keep candles, medicine, household cleaners and other chemicals out of children’s reach in locked or childproof cabinets.
- Make your home smoke free.
- Keep medicines in their original bottles or containers.



File photo

community Calendar

CONTINUED FROM B-2

added to Honolulu for the 2017 Summer World Tour, 7:30 p.m., Sunday, July 16, at the Blaisdell Arena. Tickets are \$50-\$150 at Ticketmaster.com.

Legal Aid — The SB and FS Legal Assistance offices provide free legal assistance to active duty personnel, family members, retirees and certain Department of Defense personnel.

The offices provide assistance on issues including, but not limited to, estate planning services (including wills and advance medical directives), consumer affairs, guardianship, divorce, taxes, landlord-tenant law, military administrative matters and insurance claims.

Also, notary services and powers of attorney are available. For more information, visit SB Bldg. 2037; call 655-8607. Or visit FS Bldg. 330, Rm. 110C; call 438-2627.

Online Academic Support — Tutor.com is a DOD-funded resource that provides help in all core school subjects and is offered at no cost to grades K-12 students in U.S. military families.

Vehicle Registration — The City and County of Honolulu satellite vehicle registration office at Joint Base Pearl Harbor-Hickam is open for business, 9 a.m.-4:30 p.m., Tuesdays and Thursdays, at 915 North Road, Bldg. 1314, in the Club Pearl Complex.

The service is open to all military personnel, their family members and civilians from all military posts with base access.

Big Brothers, Big Sisters — Would you like to mentor? If so, Big Brothers Big Sisters Hawaii needs adult volunteers to assist with disadvantaged youth, ages 6-16, in its Military Youth Mentoring Program. Your mentoring is needed an average of two to four times a month for a 12-month period.

To get started, contact Lauren Jagla, enrollment and matching specialist, at (808) 695-4569.

Army Museum in Waikiki Volunteering — The U.S. Army Museum of Hawaii is looking for friendly and sociable volunteers to greet museum visitors from all over the world. Volunteers will man the reception desk, Tuesday-Saturday (closed on Sunday and Monday), 10 a.m.-1 p.m. or 1-4 p.m.

The museum is also looking for docents (volunteer tour guides) and individuals who have knowledge and abilities in woodworking, metal work, assembly and/or web design and graphic arts.

The museum is operated by USAG-HI and is located in the heart of Waikiki, on historic Fort DeRussy. The museum is free and open to the public. Call 438-2825 for more information about the museum.

Kuhio Beach Hula Show — This free show, sponsored by the City and County of Honolulu, showcases culturally significant hula. Shows run 6-7 p.m., Tuesdays, Thursdays and Saturdays at the Kuhio Beach Hula Mound near the Duke Kahanamoku statue, weather permitting.

Cameras are welcome and seating is available on the grass, beach chairs and mats. Call 843-8002 for more information about the show.